

Orange-Avocado Salad

This colorful combination mixes avocado, greens, red onion and oranges in a tangy orange juice and lime vinaigrette packed with cilantro.



This is a colorful salad filled with fiber and a dose of heart-healthy fat. You will have leftover dressing to use on another salad (it keeps in the fridge for up to four days). Add grilled shrimp or chicken to make a meal! Serve immediately.

Ingredients:

Salad

8 cups mixed salad greens
1 cup orange segments
1 avocado, peeled and diced
1/4 cup slivered red onion
1/2 cup dressing (see below)

Dressing

1 cup packed fresh cilantro
1/4 cup extra-virgin olive oil
1/3 cup lime juice
1/3 cup orange juice
1/2 teaspoon salt
1/4 teaspoon pepper
1 clove of minced garlic

Preparation:

Puree cilantro, olive oil, lime juice, orange juice, salt, pepper and garlic in a blender or food processor until smooth. Toss salad ingredients together and gently mix in 1/2 cup of the dressing.

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 186

Fat 14 g

Saturated fat 2 g

Protein 2 g

Carbohydrates 13 g

Fiber 6 g

Sodium 142 mg

Cholesterol 0 mg

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